

# What's the Dish on Fish?

As an athlete, fish & seafood provides your body with needed performance and health boosting nutrients!

## Muscle Boosting Lean Protein

- High quality lean protein source rich in amino acids
- A 3-4 ounce serving of fish/seafood can range from 21 grams (*sardines*) to 26 grams (*tuna*) of protein
- Aim for 20-30 grams of protein per meal for optimal muscle recovery!



## Heart Healthy Food

- Most seafood is low in saturated fat
- Omega-3 fats in fish and seafood can improve heart health and reduce blood cholesterol levels
- Eating seafood lowers 2x a week lowers heart disease risk

## Health Boosting Essential Omega-3 Fats

- Crucial for optimal cognitive function
- Reduce inflammation and ease stiffness in the body curbing joint pain
- Lower the risk of diseases such as cancer & arthritis

## Nutrient Packed Food

- **Calcium** and **vitamin D**: small fish like *sardines* have tiny bones that are a rich source of calcium. Both are essential in maintaining bone health
- The **B vitamins**: essential to converting food into energy. **Thiamin** & **niacin** aid in carbohydrate energy metabolism and **B6** works in protein metabolism
- **Iron**: transports oxygen in the blood to your muscles. The high iron content in fish is well absorbed
- **Zinc**: important for the immune system, wound healing, and carbohydrate breakdown. Fun fact: *Oysters* contain more zinc than any other food!

## Top Fish & Seafood Choices:

Eat 2 servings (3-4 ounces) of fish or seafood weekly!



**Albacore Tuna**  
26 grams of protein for 3 oz  
Low in mercury & contaminants



**Rainbow Trout**  
20 grams of protein for 3 oz  
Packed with B vitamins



**Wild Alaskan/Coho Salmon**  
22 grams of protein for 3 oz  
High in omega-3's



**Sardines**  
21 grams of protein for 3 oz  
High vitamin D and calcium



**Scallops**  
18 grams of protein for 3 oz  
High in B12, magnesium, potassium

# Cooking and Preparing Fish

There are several simple & easy ways to prepare fish. Here are some cooking tips and recommendations!

## Baking:

Baking takes approximately 5 minutes to prepare, and 20 minutes to cook! All you need is a small baking tray and an oven.

### Baked Lemon Rainbow Trout

1. Preheat the oven to 400 F and line tray with foil.
2. Season fillet with olive oil, tarragon, thyme, pepper, and salt. Arrange lemon slices on top of fish fillet.
3. Bake fish for 15-20 minutes or until fish flakes.



## Grilling:

Grilling is one of the fastest methods to cook fish. Have a grill or grill pan ready and you're set!

### Grilled Rosemary Tuna

1. Turn on the grill/stovetop on to medium-low heat.
2. Brush both sides of the fish with olive oil and lemon juice, sprinkle salt and pepper, and rub garlic and rosemary onto the fish.
3. Cook the fish on both sides for around 5 minutes. Allow ~4 minutes for every ½ inch of thickness.



## Broiling:

Broiling is similar to grilling, but with the use of a high heat oven and a broiler pan.

### Broiled Honey Soy Salmon

1. Set the oven to the broil setting.
2. Marinate fish with desired honey, soy sauce, and cooking oil.
3. Place fish onto broiler pan and place into oven. Keep watch and turn fish over midway after one side has browned.
4. Fish is ready once the meat flakes easily.

## Other Fish & Seafood Cooking & Storage Tips:

- ❖ To test if your fish is done cooking, use two forks to pull the meat apart. The flesh should be opaque and will separate easily.
- ❖ Pair your fish and seafood with cooked whole grains, steamed vegetables, and lemon.
- ❖ You can keep cooked fish in the refrigerator for up to 5 days, and it can be kept frozen for up to 4 months.
- ❖ Be creative with your leftover fish: turn your unfinished tuna into a tuna salad, or add it to your soups, sandwiches, and pastas!

## Microwaving:

You can prepare fish when still frozen with the microwave!

### Ginger Scallops

1. Put 9-12 medium sized frozen scallops into the microwave and use the defrost setting (30% of the regular setting) for 1 minute or until defrosted. Check scallops every 30 seconds.
2. Top scallops with minced ginger, sesame oil, and soy sauce.
3. Finish cooking on high in the microwave (varying times depend on microwave intensity).

